

**READINESS OF THE GIRLS IN FACING MENARCHE IN THE
MUHAMMADIYAH MLANGI ELEMENTARY SCHOOL
GAMPING SLEMAN YOGYAKARTA**

Riska Anggraini¹ Atik Badi'ah² Bondan Palestin³
Nursing Major Poltekkes Kemenkes Yogyakarta, Jl. Tata Bumi No.3,
Banyuraden, Gamping, Sleman, 55293
Email: riskaanggraini95@gmail.com

ABSTRACT

Background: Entering adolescence, the rate of growth and development occurs both physically and psychologically, especially in the maturity of the reproductive organs. Menarche is a sign of puberty for female which usually occurs at an average age of 13 years. Menarche experiences are often filled with fear and awkwardness. The results of a preliminary study conducted at the Muhammadiyah Mlangi elementary school found that 63 students had not experiencing menarche yet.

Purpose of the Study: To find out/determine the readiness in dealing with menarche on young woman of Muhammadiyah Mlangi elementary school

Research methodology : This research use descriptive with survey research design. The sample is Muhammadiyah Malngi Elementary grade IV and V it self which is from 63 populations 38 samples were taken. Sampling technique with simple random sampling found out that 38 girls had not experiencing menarche yet.

Findings/Results : The research has shown that the readiness of the girls in dealing with menarche categorized as ready is 52,63%, girls with the most dominant age of 10 and 11 years old is 44,74%, most of menarche information obtained from mothers categorized as 63,16% physical readiness of the girl in dealing with menarche categorized as ready is 52,63 %, psychical readiness of the girl in dealing with menarche categorized as ready is 63,16%, and personal hygiene readiness of the girl in dealing with menarche categorized as ready is 68,42%.

Conclusion: The girl readiness in dealing with menarche categorized as ready.

Keywords : Readiness in dealing with menarche

¹ Nursing Major of Poltekkes Kemenkes Yogyakarta

^{2 3} Lecturer of Nursing Major of Poltekkes Kemenkes Yogyakarta

KESIAPAN MENGHADAPI MENARCHE PADA REMAJA PUTRI DI SD MUHAMMADIYAH MLANGI GAMPING SLEMAN

Riska Anggraini¹ Atik Badi'ah² Bondan Palestin³
Jurusan Keperawatan Poltekkes Kemenkes Yogyakarta, Jl. Tata Bumi No.3,
Banyuraden, Gamping, Sleman, 55293
Email: riskaanggraini95@gmail.com

ABSTRAK

Latar Belakang: Memasuki masa remaja, terjadi laju pertumbuhan dan perkembangan baik fisik maupun psikis terutama pada kematangan organ reproduksi. *Menarche* merupakan suatu tanda mendasar pubertas bagi wanita yang rata-rata terjadi pada usia 13 tahun. Pengalaman *menarche* seringkali dipenuhi rasa takut dan canggung. Hasil studi pendahuluan yang dilakukan di SD Muhammadiyah Mlangi didapatkan 63 siswi belum mengalami *menarche*.

Tujuan Penelitian : Mengetahui gambaran kesiapan menghadapi *menarche* pada remaja putri di SD Muhammadiyah Mlangi, Gamping, Sleman, Yogyakarta.

Metode Penelitian : Penelitian ini merupakan penelitian deskriptif dengan desain penelitian survei. Sampel yang digunakan adalah siswi kelas IV dan V SD Muhammadiyah Mlangi yang belum mengalami *menarche* berjumlah 38 siswi. Teknik pengambilan sampel dengan *simple random sampling* sehingga dari 63 populasi didapatkan 38 sampel.

Hasil Penelitian : Menunjukkan bahwa kesiapan siswi dalam menghadapi *menarche* termasuk kategori siap 52,63%, remaja putri dengan usia yang paling dominan yaitu 10 dan 11 tahun sebanyak 44,74%, sumber informasi *menarche* paling banyak diperoleh dari ibu sebanyak 63,16%, kesiapan fisik dalam kategori siap sebesar 52,63%, kesiapan psikologi dalam kategori siap sebesar 63,16%, kesiapan *personal hygiene* dalam kategori siap sebesar 68,42%.

Kesimpulan : Kesiapan siswi dalam menghadapi *menarche* termasuk dalam kategori siap

Kata kunci : Kesiapan menghadapi *menarche*

¹ Mahasiswa Jurusan D III Keperawatan Poltekkes Kemenkes Yogyakarta

^{2 3} Dosen Poltekkes Kemenkes Yogyakarta Jurusan Keperawatan